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A LEARNING HANDBOOK FOR JOURNALISM STUDENTS

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has not been
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FRIDAY, JANUARY 17, 2003

CONESTOGA COLLEGE, KITCHENER, ONT.

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43008 YEAR • NO. 2

Conestoga student wants to make it big

By STEVE YOUNG

Second year law and sport administration student Mike Curcio plans on getting big this year, literally.

Curcio, 23, began body building in 2000 and closed out the year by making a two month debut in competition. In October he entered the Ontario Fitness Events Hallmark's Muscle Masters contest, and finished second in the under 21 division. The high placing landed him a spot in the IFFI National Championships held at Mohawk College's Mohawk Theatre where an competitive showing was his third place out of over 50 competitors.

The IFFI organizes fitness competitions across North America.

Curcio's dedication led growing up Curcio looked to the weight room to keep himself physically strong enough to compete with larger athletes across on the football field and wrestling mats. Eventually his hard work in the gym started to show in his physique.

"I know that if I put more effort into the sport I could excel like any other sport," said Curcio. "Today, you're stuck with what I did and that's it, never improved."

Not only does Curcio have to battle fellow competitors,



Curcio posing

Mike Curcio, 23, competes in the IFFI Hallmark's Muscle Masters body building contest's under 21 division in October. Curcio placed second in the competition.

he believes performance, enhancing substances are still a major problem in the sport. At his first IFFI event

only eight of the 50 athletes were subjected to drug testing due to financial constraints. A positive test

would result in a five year ban from the organization.

"It's a very big problem in the sport but sadly people are get-

ting away with it."

Curcio says he will never be allowed to compete for another year in his dedication to training and proper dieting.

"It's not just some girl that you can take and make you have the figure of Superman," he said. "You have to feed your body in the gym to get results."

When it's time to start his up Curcio heads to the weight room in Conestoga's basement. Like any other athlete, he doesn't like to miss his school schedule and gets his workouts in during breaks most of the time. Usually you'll see him in the weight room from 3 to 4:30 p.m. to three times a week, pushing the limit of his training. After the three-hour session, he'll be exhausted, but he has to pull out a notebook in the middle of the session to write down his notes.

Curcio's goal heading into the year is to win his first body building competition and potentially land a sponsorship deal that would boost his career. He'll get his first opportunity at the IFFI Ontario branch in Mississauga on April 6.

"I've gained so much knowledge from my teachers and peers that I'm so thankful for because if it wasn't for some of these people I would, it'd be nice the best I am going to be this year," he said. "This is my year."

Make quitting a resolution this year

By LAURA ROBERTS

It's hard to avoid being told to succeed these months while everyone says that in Conestoga College.

But if you are trying to quit smoking, it might be a little easier this year.

Each year, the Canadian Cancer Society celebrates the third week in January as National Non-smoking Week. This week, from Jan. 17 to Jan. 23, smokers from across Canada are taking their first step toward becoming smoke-free.

What many also don't know is that there is a large organization called Let's Stop the Hook Behind LTPB, that focuses on students at post-secondary institutions in Ontario.

"Learn the Hook Behind offers support for students smokers at all levels of interest in quitting or staying down in their smoking, including those with no interest at all," said Amanda Rayner, student co-ordinator for LTPB at Conestoga College.

"We also offer support for non-smokers who are trying to offer help to a peer who is a smoker, or who try to protect themselves from second-hand smoke," she said.

"It's important to have a support network when you are trying to quit," said Teresa McNeel, a nurse at Conestoga Health Services office. "They're used to living your distressed and supported."

LTPB is run by Health Services and Rayner refers

students looking to quit to McNeel for help.

LTPB holds events at each Ontario university and college campus and smokers could win \$1,000 if they quit smoking, \$500 if they quit for 50 per cent and \$200 if they "party without the smoke," meaning, not even smoking when drinking alcohol.

Another contest called Don't Start and Win, is targeted at students who are non-smokers or non-smokers as long as they don't have, they are eligible for a monetary prize, said Rayner.

"Our goal is to — really promote our name and the contest as well," she said, adding that there is a need for the service because research shows that 20 per

cent of college students are smokers.

This is the first year the contest has been held at Conestoga College.

"Last year LTPB reached over 600,000 smokers and we'd love to do all we can to decrease that number and promote healthy, active lifestyles to our college students," said Rayner.

According to the Canadian Cancer Society, making eight hours of quitting the carbon monoxide levels drop in your body and oxygen levels in your blood increase. Within only two days of quitting your sense of smell and taste begins to improve.

"Smoking is more of a social thing," said Amanda Longpré, a second year media broadcast student. "It's a social smoker

and think I could quit easily."

Curry Peters, another second year media broadcast student, says she smokes as a stress-buster and that LTPB is a good idea.

"I think I could quit 50 per cent but I'm not really to fully quit," she said.

Conestoga's LTPB's web site, www.letsstopthehook.ca, has links to websites to help smokers learn how to quit, information for friends of smokers and contact information for health professionals.

Registration for the LTPB contest ends on Jan. 23 and the contest runs from Jan. 24 to March 7.

For more information about the contest, speak Amanda Rayner at 438-2000 or amanda@ltpb.ca.

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What is the most interesting, amusing or unusual website you have found online?



"Furber's Question. It's a major review site, the best stuff site I've ever been on."

Kristen Lyons,
first-year
business administration

"On Facebook there's 'Liam's with Melt. It's hilarious!'"

Alannah Sullivan,
second-year
police management



"An online magazine called 'Vicious' I thought it was interesting. I could check out local actions."

Kaitlin Leman,
second-year
pre-service firefighting

"Orange. It's kind of new. You shoot back and forth and you rate messages."

Emma Smyth,
first-year
business management



"There's an add-on called Speedblogger. You click it and it takes you to a site where you tell other people how recommended."

Brad Lawson,
second-year
business administration

"Hydrex. There was a picture of a baby with two faces."

Kyle McLean,
first-year
accounting



Conestoga College, you could be but not responsible

Electric Six heats up Waterloo

By VICTORIA SPANGLER

For a band with such a low noise noise, they certainly live up to it. Electric Six appeared at Starlight in Waterloo for a show on Dec. 16 and turned up the heat.

The "horror" rock trio was stopped by Sam Murphy but the time seemed brought some new friends. Scott from a Room and Millions of Deadheads shared the spotlight, and sparked more than a few dance moves. The crowd was even split in two, and taken back to middle school when Millions of Deadheads divided up the podium to showcase a dance-off.

But it was Electric Six that really got the audience buzzing.

The alternative dance band is well known for their hyper-violent, political and camp lyrics which translate well on stage. Between a motor-mouth poem interlude and the promise of a live show for the correct age of Tony Danza, the band makes sure everyone's good time (Danza is the by-the-way).

With the release of their newest album, *Kidder*, the band presented new tunes such as in their "Peak Back" live demands for their pop singles such as "Dancer" High Voltage and "Day Bar" were stopped throughout the night, but were glad to see the band.

"We gotta make sure to play the deep cuts," lead



PHOTO BY VICTORIA SPANGLER

Dick Valentine, left, and Tony Danza of Electric Six make the crowd during their performance on Dec. 16.

singer Dick Valentine said, showcasing the crowd.

However, the first year high schoolers "Ted Martin" (yes, the 's' is part of his name) was missing from the lineup. A hint of Lyme disease previously stopped him, and new drummer on the border prevented "Witches" from taking this year. The crowd didn't seem too upset especially

after the song "Synthesizer" was played on his losses.

The band may not be the most "horror" on stage, but they're well loved by their fans.

"They thank the Movers, but we are Canada's No. 1 party band," teased Valentine, not in jest.

The crowd roared in agreement.



Electric Six played at Starlight in Waterloo. Though the band was missing a member they were still well received.

Cartoon by Scott



Call centre initiative raises over \$16,000

By MARCO MATTHEW

Looking for a convenient job that fits in with your school schedule? Alumni Services has got you covered.

The department has always taken pride in helping Compucon students find jobs by offering various employment opportunities. A fairly new initiative is a call centre which hired over 30 students for a second semester last year.

Student fundraising initiatives were hard at work during the first semester as the call centre team secured annual alumni fundraising programs.

"This job offered me a great deal of flexibility and fit in well with my busy schedule while providing valuable job skills and networking opportunities," said first-year design communication fundamentals student Kelly Robinson. "I'm proud to be a part of this initiative."

Students underwent three days of training to get familiar with a call centre program. Many of them had no prior experience in the field. Through Power Point presentations, tips from call specialists and various talking exercises, the students were well prepared for any calls the program.

Students would call graduates of the college as an attempt to update records, build lifelong connections and to encourage donations.

"The call centre taught me many skills that will prepare me for a career in business management and I also got to meet a lot of great people along the way," said third-year interpersonal business management student, Tawana Roebles.

This year's program, which lasted for a ges-



PHOTO BY MARCO MATTHEW

Kelly Robinson, a first-year design communication fundamentals student, is one of the many fundraising students at Compucon College's call centre.

ed of 60 weeks, raised over \$16,000.

The money goes to the Alumni Services student excellence fund which supports student scholarships and bursaries.

"There has been a fantastic response to date thanks to the generous support of our alumni," said call centre program manager Wendy Ross. "Our student fundraise team pride in supporting their fellow students through this initiative and benefit from this experience."

The call centre program is expected to expand each year and will resume once again next fall.

CSI plans Sanctuary improvements

Movie rentals will be available

By ROBERT BILE

Compucon Students Inc. is talking about big changes to the upper Sanctuary.

At their last board of directors meeting of the fall semester, held on Dec. 8, they said they are looking at plans to redo the tent to make it more inviting and student friendly. The plan involves new offerings for students including group stations for work, TV, movies and video games, and a bank that will be open to serve the upper Sanctuary.

The movies and video games will be rented out from the bank so that students can borrow and obtain entertainment items. "The bank will be staffed during the hours the Sanctuary is open."

"We need a place where students can be students," said Sheena Sencer, president of CSI.

These changes to the

Sanctuary, which also include new furniture for the lower area, could be in place in a couple of weeks.

We need a place where students can be students.

—Sheena Sencer

Other things discussed at the meeting were student priority lines and their due to students which helps pay for positions held by staff such as student life positions.

There was also discussion about upcoming events in the 2004 winter term such as the Polar Plunge which will support the United Way and the Build a Bear charity event, both taking place over the next few months.

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Time to ban the ban

BY NASHVILLE MATTHEW

The media should never have a publication ban. Period. In the world of journalism, people often don't understand the prime purpose journalists serve: It's not to make friends or make working easier. It's to deliver the cold hard facts.

The media should have the right to release any information it thinks is necessary when covering a story. We think that there is no such thing as covering the line when releasing information. Our job is to let just the average citizen, know everything that's happening.

If that recent release private records relating to the case of Webster involving confidential documents that will make a company go bankrupt or even disbanding jobs that will make you cry, then so be it.

Recently, the Supreme Court lifted a publication ban in the case of Terri Schiavo who was a talented and loved found dead. As we witnessed over the holidays, vital state details were published such as one of the suspected murderesses Terri Lynne McClintock purchasing a hammer and garbage bags at a Home Depot in Georgia just north of where Schiavo's body was found under a pile of mulch. McClintock later pleaded guilty to first degree murder.

Many were frustrated when the publication ban was implemented, disinformation everywhere were cheating off the bit to deliver information but couldn't because they would face contempt of court charges.

These should never have been a publication ban, nor should there ever be. The media has the right to reveal to the public, all that is going on. All these bans are doing is delivering the inevitable.

There is a tremendous amount of information being hid from you. Most won't even get it or see how long or simply don't care enough to find out what is going on.

That's perfectly fine because that is where the media comes in. Our job is to keep you in the loop on what is going on, even if that involves some news that doesn't make you as happy as you think, your personal lives or life. We're just trying to make a point.

So, why do we write stories and conduct interviews and research while trying to break the biggest stories of the year? You're just too damn lazy. That's why we do the dirty work for you.

We first in 2011, it's time for the public to be more aware of what's going on. This includes the good, the bad and even the ugly. You should no longer be shocked or shocked by any information. We feel you're ready to handle it and get back away. We are in favour of you to read or watch the news.

The above letters expressed the opinion of the newspaper, not necessarily the author.

Letters are welcome

Spokes welcomes letters to the editor. Letters should be typed and include the name and telephone number of the writer. Writers will be contacted for clarification. Anonymous letters will be published. Letters should be no longer

than 500 words. Spokes reserves the right to edit any letter for publication. Address correspondence to: The Editor, Spokes, 2010 Queen Street E., Room 1024, Kitchener, Ont., N2B 5K4.



Rumors of Facebook's demise have social networkers fretting

A selfless new year

Make a change for the better in 2011

As we've recently entered a new year and semester, I've been thinking about how I can change for the better in 2011.

Thinking about it led me to reflect on my past and how it's made me who I've become today, but through reflecting on my past, I began to realize 2011 probably won't hold any more opportunities to change than 2010 or 2009 did.

We always have the ability to choose, and we can always choose to make the right decision to benefit others and the world around us.

But here's what I think about how we can make our own lives better to show more why not just accept things into how we can ultimately make the world a better place.

What people often forget is that it's the simple gestures and words of encouragement which have the potential to speak much louder than



Nathan Salinas
Opinion

other types of acts, as they're often perceived as more personal, unexpected and genuine.

We always have the ability to choose, and we can always choose to make the right decision to benefit others and the world around us.

That's why it's more important to bring the world large mankind the daily and every student at Conestoga College, as when you notice fellow classmates doing a

good job or one of their classmates as you find they deserve to be completely noticed in any way or all, why not speak up and say what's on your mind? You never know just how much that student may have needed to be lifted up and encouraged by your kind words.

I know through my personal experiences over the years that constantly feeling water while thinking about what I can do to improve my own life gets become after a while. Lastly I've realized there's a simple way to feel good about the way things are going for myself, and that's to just myself aside and think about how I can make someone else feel up or appreciated.

A new year and a new semester are sure to bring a lot of new challenges for everyone as let's start things off by making someone's year, thus helping others get through their difficulties.

SPOKE

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PHOTO COURTESY

Conestoga marketing co-op program students went on a field trip to the Build-A-Bear Workshop in Fairview Mall to build and dress animals that they then donated to Women's Crisis Services of Waterloo and Kitchener.

Spreading some cheer

College students make 27 stuffed animals for kids in area shelters

Students in Conestoga's marketing co-op program made it a "busy" merry Christmas for children who were staying in shelters run by Women's Crisis Services of Waterloo Region in December.

As part of their retail management class, the students went on a field trip to Fairview Mall's Build A Bear Workshop, the interactive retailer of customized stuffed animals, to experience a destination retail format first-hand.

At the store they heard about how entertainment, employees, merchandise and store layout contribute to a retailer's profitability and ultimate success.

Prior to the field trip, the students decided that the best way to get the full experience was to participate in the actual process of "build and" a stuffed animal in the

patterned process at Build-A-Bear as well as then spend time with other visitors.

The students dug deep into their own pockets to build and dress animals that they then donated to Women's Crisis Services' Hazelton House and Horton House. The two shelters house and assist women and children in Waterloo Region who are fleeing domestic violence.

The students purchased 27 stuffed animals, worth almost \$100.

Margaret Hanson, fund development manager at Women's Crisis Services, says it took samples in December to accept the donations.

On the same day, Kaiti Davis and Chelsea Drugg, two students representing the class, along with Horner appeared on Region's Daytime to talk about Hazelton House and the donations.

just add a pinch more

The Culinary Administration Program is designed to build on your previous knowledge in culinary management education and equip you with additional skills and experiences in administrative roles as a executive chef, a restaurant manager, a food/beverage director and more.

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A WATERLOO CORNERSTONE



PHOTO BY GREGORY DAVIS

Paul Penhance is getting built, spruced up at the historic Waterloo train station. The old passenger now serves as a permanent art space for the store and is a historic reminder of what was once a city cornerstone.

CONSEILLOR'S CORNER

Are financial pressures creating stress for you? It is difficult to concentrate on studying because you're not sure if you can pay the rent or buy groceries this month? There are a number of things you can do to help ease your financial worries.

If your financial situation has changed, check with the Financial Advisor to see if you can have your CSAP (student loan agreement) "top up" to increase your borrowing limit. There are also bursaries and scholarships available for students with financial difficulties. Information on these is available on the college website.

Another way to relieve the pressures is through employment. Ask at the college's Career Resource Centre (7-1100) and on the web site for help finding part-time work during the semester or on campus for the summer. College students for employment may also be available at the college through the work-study program. Including working as a peer tutor, student duties and churches may also provide support. The College/CCS sponsored food bank is located on campus for students. Please see C&I for more information.

If you're having more immediate needs, Counselling Services can provide resources information and discuss any of these options or other ideas and concerns.

A Message from Counselling Services, 1-888-711-1111

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LETTER TO THE EDITOR

Reader says columnist doesn't respect Catholics

I am writing this letter in response to the opinion piece "The Pope and what As a practicing Catholic, I find it offensive to read that a non-Catholic without any theological training can tell the Church to change her views."

The fallacy of Mr. Knoch's argument is that democracy trumps truth. Just because people have differing views on a subject doesn't mean that they can try changing the other side.

Do we talk about how the Jewish people can't eat pork or blaspheme about Muslims

I find it ironic that we have the "Respect" program here at the college, but this paper likes to attack the Catholic Church.

I remember writing this year (Joseph March) an article about homosexuality. A gay guy, Joe Smith, said that he was a practicing Catholic and did not sin.

Any practicing Catholic knows that they sin, so I feel that this Joe Smith was made up to attack the Catholic view of the Sacrament of Marriage. Later on, in April, a legend

Catholic wrote about how the Church needs to either promise to marry

I wanted to be a priest, so I have a strong stance against the topic. It's funny how no other religious gets criticized in this paper except the Catholic Church. "Where's the respect for Catholics?" I was one Mr. Knoch's happy when he says "The Pope needs to address the Catholic community, and tell them that he approves of condom use as a method of birth control."

Too bad he hasn't read the

papal encyclical *Catechesi Tradendo*, which forbids Catholics from artificial birth control."

"What makes the encyclical wrong?" Because times have changed?

Well, Pope X warned the Church about the errors of Modernism. If we were to use the logic of the Church adopting the views of the times, it would promote war, genocide, theft, greed and so on.

It's time that this paper to show respect to what Catholics believe as social

issues. They have been the same since Pentecost and for a non-Catholic to suggest the changing of these values is arrogant, and totally inappropriate.

The article shows Mr. Knoch didn't do his research. He I feel an apology is due to Catholics for the slander of the Pope and the Catholic Church's timeless teachings and as future I urge the paper to show Catholics more respect.

Jason P. Todd
Conestoga College student

At Conestoga College we want you to Be the difference. RESPECT

We are proud to have a campus community that is respectful, welcoming and inclusive to all. As we welcome you to our community, it is important for all of us to collectively recognize what Respect looks like in our community.

At Conestoga, Respect is the understanding that we share a common community and a belief in the dignity that we all value.

- We have the ability to agree and disagree civilly.
- We consider the needs and rights of all people in the college community.
- We do not allow any excuse for disrespect.

Through leadership and positive role modeling, we have the opportunity to impact our community and build a respectful environment for everyone.

We encourage you to take a look through the Respect website and see the myriad of resources available for your use and college policies that reinforce our message of Respect.

We already have a proud and respectful community at Conestoga. We welcome you to be a part of that and to be the difference, Respect.

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PlayBook soon to battle iPad

By **ANDREW BAKER**

As the world grows more technologically savvy by the day, suppliers create products to meet new demands.

Among the newest electronic developments are the tablets. A tablet is as a notebook, a small personal computer with a touch screen. The tablet is designed to provide a concept for later expansion on a fraction of the cost.

The first tablet released was the Apple iPad. Several different versions of the iPad are available, ranging in size and price, from the basic 9.7-inch model at \$219 to the high-end 12.9-inch model at \$1,329.

Although the iPad is small, with only a 9.7-inch screen, it runs like a computer, programs, internet, apps and media.

The iPad's popularity is incredible, and the high price didn't stop many users.

Apple was not the only company to see the benefit of a tablet. One of its largest competitors, Research In Motion, jumped on the band-



COMPARISON

Apple and RIM have been battling for top spot since RIM started up. With the new tablet craze, the two electronic giants continue their rivalry, both convinced that 'mine is better.'

wagon as well. The BlackBerry company released the PlayBook prototype on Oct. 25, 2010, and the device is expected to be available this spring of this year.

With a screen of only seven inches, less than a pound in weight and the only tablet under 10 mm thick, the

PlayBook offers video conferencing and flash capabilities, both absent from its Apple cousin.

"We're not trying to crush Apple, the Internet, or a mobile device," said RIM CEO Mike Lazaridis. "What we're doing is being a mobile device to the level of desktop

computers."

Apple founder Steve Jobs, however, disagrees, claiming there is no market for a seven-inch tablet, and such a small device will be "dead on arrival."

Jobs' scathing comments about seven-inch tablets were not seen to be forgotten. "While a seven-inch screen should offer 50 percent of the screen size, it will, in fact, be only 40 percent as large."

Jobs also commented that the screen resolution would be higher than the iPad, but this would be useless unless sold with "a piece of equipment, so that users can read their fingerprints down to a quarter of the size."

Such comments have sent the two rival companies into a war of verbal marketing, with each resort looking more like a schoolyard taunt.

While Jobs and RIM co-founder Jim Balsillie argue about whose type is best, Verizon Shop managers continued to be unconvinced as either tablet.

Verizon Shop employees

Anthony Tontas, however, was happy to explain the difference and the potential market for the new type.

"The PlayBook is a business toy," he said. "I feel more for the games and apps."

2

The PlayBook is a business toy. iPad users prefer the games and apps.
— Anthony Tontas

3

Just, who refused to give his last name, from Radio

public relations office agreed that the PlayBook will offer lots of benefits for business professionals. Features include the full HTML5 port, allowing the user to display the company on a TV screen and the built-in flash player, so users can watch videos and view flash-enabled websites without a mouse. (Just refused, however, to comment on the iPad.

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Co-op & Career Services



HOROSCOPE

Week of January 27, 2003



Aries
March 21 -
April 19

A loved one your means toward new change. These will start with your discovery of a new form of life growing under your finger.



Libra
September 23 -
October 23

A fire in your locker will lead to the eventual growth of those "things" you have been "holding" from the "policy."



Taurus
April 20 - May 20

You'll find that relief people have the remarkable ability to tell you to get off their "shoulders" (and, all of their lives at the same time).



Scorpio
October 23 -
November 21

You will live in a constant state of dread this week as you realize that a single person's ray (and could state) the new vision section of the galaxy. Move fast!



Gemini
May 21 - June 21

There is again, you're about to let your big brother Hollywood take your "walkable" condition of never going to give you up!



Sagittarius
November 22 -
December 21

A procession of trucks down your street will keep you awake at all hours of the night this week. Invent or innovate.



Cancer
June 22 - July 21

How many times do you have to tell them? "Tut-tut, your own in the weekend fashion. You'll be hooked on this for the best reason in all: justice."



Capricorn
December 22 -
January 19

You will realize that there is no chance that an accident will apply to roughly half of the world's population.



Leo
July 23 - August 22

Your constant Internet connection over star wars will cause to be an end the work, leaving you feeling empty and a little bit dead inside.



Aquarius
January 20 -
February 18

A great political movement will attack your home in Tokyo this week, leading to you wondering when you get a home in Tokyo.



Virgo
August 23 -
September 22

Monday, you will find a pen that writes the future. Please don't take any pill, Virgo. I'd really appreciate it.



Pisces
February 19 -
March 20

Most of the week, you will be throwing people at each other if you can get them to stick in those little holes. This will lead to a world championship title.



Paul Leves carefully examines the stars and then guides them for your amusement.

Move those legs for a good cause

Walk for Memories fundraiser raises money for Alzheimer's

By LISA CLARK

Residents of Waterloo Region will be walking and gliding during January, to raise funds for the Alzheimer Society of Waterloo-Warrior.

Coordinating with Alzheimer's disease awareness month, the organization is holding its Walk for Memories walk and glides on Jan. 30. The fundraiser runs from 1 to 4 p.m. at the Waterloo Memorial Recreation Complex on Fisher David Beaver Drive.

This year's event features raffle prizes and guests Kyle Christie and Linda Christie from CTV.

New in its 10th year, organizers are hoping to surpass last year's totals. "Last year we raised over \$24,000," said Debra McGonigal, vice president on relations with the society. Thanks to an increase in online donations, it was a big jump from the \$14,000 raised in 2000.

The money raised goes to all the services the society provides.

"Twenty per cent of our spending costs are raised through donations," she said. For

**2011
WALK
FOR
MEMORIES**



example, \$50 can provide up to two hours of supportive counselling.

Last year's walk saw 300 people taking part. McGonigal hopes to exceed that number this year.

Cathy Neal has been taking part in the walk for the past five years. A member of Hockleyburg, Ont., she walks from door to door chatting up her neighbours for pledges. As a health care professional who works with people diagnosed with Alzheimer's, Neal sees the direct effect the money has on the community.

"It's such a real disease," Neal said. To register or to donate, visit www.walkforalzheimer.ca, or call the office at 800-742-1429.



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Black Swan a classic story

By **KATHRYN SQUIRE**

Box office thriller *Black Swan*, starring Natalie Portman and Mila Kunis, is a psychological thriller that almost defies the term. The film offers visually stunning shots and progressively realistic effects, while still telling a classic story with a dark twist.

The film offers a glimpse into the life of *White Swan* (Portman), a timid yet dedicated ballerina living in New York City. Promoted to one of the lead dancers in her company, she finds the role of the *White Swan* in their production of *Swan Lake*. While dancing the *White Swan*, her

frail personality works in her favour as the dancer becomes. Yet when she must dance the role of dangerous and revenge-driven *Black Swan*, she is completely lost.

Constantly criticised by the company's artistic director, Thomas (Wynant Dersell), the role begins to consume her. When Lily (Mila Kunis) joins the company and outperforms her role as the *Black Swan*, Portman's desire to perfect the role becomes a complete obsession. She cannot even confide in her mother (Barbara Hershey), so she is isolated in her own world of her director's criticism. However, Kunis' role begins that her worst enemy is her-

self, and this ultimately leads to her demise.

For those seeking more than a psychological score, this film is not just a dramatic thriller. *Black Swan* also portrays the physical demands of a dancer, highlighting contorted bodies and complex steps. The film is full of some effects and visually stunning shots, specifically when Kunis embodies the *Black Swan*. Director Darren Aronofsky questions reality and difficult scenes concern grace. The picture is already accounted for four Golden Globes, including Best Dancesport Motion Picture. It gave it four out of five stars

True Grit brings back Westerns

By **ROBERT GIBBY**

Just open gates and wild country ground, the big screen white buffalo moved. It was some Indiana tale. It was the age of the Western, the '60s.

It was in this era that the original *True Grit* was produced, based on a novel by Charles Porter and starring John Wayne as Marshal "Grit" Coffey. The new version, produced by the Coen brothers, is a living tribute to the classic.

The film begins with an aged Mattie Ross, recounting the story of 1867, when her father was murdered by low-life Jim Chaney over a minor quarrel. The intelligent and determined 14-year-old embarks on a quest to bring Chaney to justice and avenge her father's death. Her quest will involve *Killer* (Jeff Bridges), played by Jeff Bridges, an elderly, hard-boiled U.S. Marshal and a man of "true grit" who she believes perfect for the task.

The tale lives up with Texas Ranger Llewellyn, played by Matt Damon, who is seeking and Chaney after he murdered a woman and her dog. Despite differences in character, the unlikely two enter Indian territory to catch Chaney and the head of snakes he has posed.

The setting of *True Grit* truly draws the audience into the time period and the cast are beautifully captured the natural splendour of the American southwest. The dialogue is so well written it will leave audience members talking like a cowboy for days. Bridges does a fantastic job of living up to John Wayne as his role as *Killer* and maybe even surpasses him. One can't help but admire the man of true grit. Damon too delivers an amazing performance as Llewellyn. The Coen brothers have successfully made a classic movie for a new generation through action, drama and humor.

I give this film five out of five stars.



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
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